

BY THE ORDER OF THE COMMANDER
4th AIR SUPPORT OPERATIONS GROUP (USAFE)

4 ASOG Supplement 1
AFI 10-248
15 May 05

Operations

Fitness Program

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

OPR: 4 ASOG/CCF (SMSgt William M. McAdams)

Certified by: 4 ASOG/CD
(Lt Col Patrick A. Pope)

Supersedes 4 ASOG Supplement 1, AFI 10-248, 1 July 2004

Pages 2

Distribution: F

AFI 10-248, 1 Jan 2004, is supplemented as follows:

This supplement applies to all Air Support Operations Squadrons (ASOS) and detachment units assigned to the 4th Air Support Operations Group (ASOG).

1.9.4.2. (Added). 86 ABW Heath and Wellness Center will provide Fitness Assessment Monitor (FAM) support (GSU Agreement).

1.9.6. (Added). Unit Fitness Program Managers will provide fitness metrics and unit status reports to 4 ASOG/CCS by the 1st of the month during the months of January, April, July, and October. Information will be briefed during the first Group Staff Meeting of the months indicated.

1.12.3.1. (Added). Individuals will attend a minimum of three "Unit" PT sessions per week. Individuals will exercise a total of 3-5 times per week.

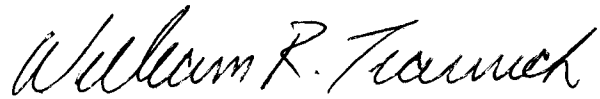
1.12.5. (Added). The preferred time for annual testing in the Group will be the second Quarter of the Calendar year.

1.12.8.1. (Added). To add incentive to the annual assessment commanders are encouraged to award passes to members as follows: "excellent/blue" fitness category - a 1-day pass.

1.14.4. (Added). Unit Fitness Program Managers will provide fitness metrics and unit status reports to their commanders not later than the first of the month. Information will be briefed to the Group Commander during first weekly Group Staff Meeting of the month.

2.2. (Added). Group Staff members are authorized up to 1 ½ hours of duty time per day to complete PT. Unit commanders will design their unit's fitness program to meet the requirements of AFI 10-248, Attachments 2 and 3.

3.5.5. (Added). Unit commanders are encouraged to do a non-binding practice assessment once a year (weather permitting). These scores need not be entered into the Air Force Fitness Management system.

A handwritten signature in black ink, reading "William R. Travnick". The signature is written in a cursive, flowing style.

WILLIAM R. TRAVNICK, Colonel, USAF
Commander